

POWER JAM

Right Foot touches out, in then glide right.-4 counts

Repeat with left to left.-4 counts

Right foot heel tap-twice, toe-tap-twice

Right heel-toe, heel-toe-8 counts

Cross right-over-left, touch left toe-left.-2 counts

Repeat crossing left-over-right, touch right toe--right-2 counts

Jazz square (box step) crossing right over left first.

Step back with left, side with right, JUMP $\frac{1}{4}$ turn right.-4 counts

REPEAT ALL TO ALL FOUR WALLS.

VIRGINIA REEL

(THE "WORKS")

<u>STEPS</u>	<u>COUNTS</u>
• PARTNERS FACING-"Honor partner"	8
• Forward and back	8
• Right-Hand swing	8
• Left-hand swing	8
• Two-hand swing	8
• Do-si-do (passing right shoulders)	8
• See-saw (passing left shoulders)	8
• Right-elbow swing	8
• Left-elbow swing	8
• Head Couple sashays down & back	16
• Elbow Reel	as long as it takes
• Head Couple sashays back	8
• "Peel" (Men left, Ladies right)	8
• Head Couple forms bridge for all to go under	8
• Begin again with new Head Couple	

